

# ONEinFOUR

An innovative mental health awareness and anti-stigma project

**NEWS RELEASE**

**Embargoed until 11th June 2008**

## **Magazine heralds a new era in mental health**

People with mental health difficulties have probably never had it so good. That's the message from a new lifestyle magazine for people who experience mental health difficulties that launches throughout England today. (11<sup>th</sup> June 2008)

*One in Four* is the result of an innovative health-awareness and anti-stigma project that seeks to give hope and encouragement to people by explaining services and treatment, discussing health and wellbeing and showing positive images of those with mental health difficulties.

Articles in the glossy, full-colour quarterly are written by people with direct experience of mental health difficulties. The magazine attacks stigma and exclusion by challenging negative images of people with mental health difficulty, dispelling myths and increasing understanding.

Editor Mark Brown, who has a mental health difficulty himself, says: "While there are still improvements to be made in most areas, possibly for the first time ever mental health difficulties are not something that must be endured in silence, without help or support."

Brown cites personal stories in *One in Four*: "From a prime minister to a stock controller, people experiencing mental health difficulties are just those with more challenges to overcome in getting where they want to be. It is now possible to successfully manage conditions once thought impossible to overcome. The old stereotypes of mental health difficulty are slowly eroding. Unlike generations who came before us, none of us need find ourselves unable to access help."

The launch issue carries articles on:

- Mental health and work
- An interview with a former prime minister of Norway
- Talking therapies – what to expect and how to get them
- Reading and writing to make you feel better
- What's the difference between being unhappy and being unwell?
- How mental illness affects families

*One in Four* is distributed free through GP surgeries, primary care trust facilities, public libraries, university counselling services, Mind charity shops and similar locations. It can be bought online from [www.mentalhealthshop.org](http://www.mentalhealthshop.org)

Ends.

## Notes to editors

1. One in Four is financed by a combination of loans, charitable grants, subscriptions and other trading activities. It is a not-for-profit venture intended to benefit people with mental health difficulties. Find more about the magazine at: [www.oneinfourmag.org](http://www.oneinfourmag.org)
2. Members of the *One in Four* editorial team are available to comment on or write about subjects in the field of mental wellbeing. Please contact Stephen Gardiner, news editor & business manager, on 020 7354 9129 or [stephen@socialspider.com](mailto:stephen@socialspider.com).
3. Social Spider, which publishes *One in Four*, wants the magazine, wherever possible, to be available free to the core group of people it is written for - those with mental health difficulties, their friends and families. Subscriptions are on the basis of multi-copy annual orders (four issues), to either organisations or individuals who can then make the magazine available to its target readers. Subscriptions are set at a low price that covers print and delivery. Subscription forms can be downloaded at [www.oneinfourmag.org/subscription.pdf](http://www.oneinfourmag.org/subscription.pdf) or phone Social Spider on 020 7354 9129.
4. Single copies of *One in Four* are available online at the Mental Health Shop, a website founded by the charities, Rethink and Mental Health Media, at [www.mentalhealthshop.org/products/rethink\\_publications/one\\_in\\_four.html](http://www.mentalhealthshop.org/products/rethink_publications/one_in_four.html)
5. Social Spider is a Community Interest Company (CIC) and as such it focuses on social projects that benefit a particular community of people. All profits are returned to community and social projects. It is a communication, design and social action agency that has been delivering products and services for five years. Social Spider helps people to communicate effectively, especially those who are somehow excluded from the normal benefits of society. The company conceives and develops projects of its own for which it then finds funding or it provides services for the fulfilment of other organisations' projects. Website: [www.socialspider.com](http://www.socialspider.com).